

H1N1 Information

Letter from the Edgecombe County Health Department

The Edgecombe County Health Department has been preparing for the Novel H1N1 virus for some time. Now that flu season is “officially” here, we would like to provide you with some information to help you stay healthy this year.

CDC has determined that the H1N1 virus is contagious and is spreading from person-to-person, just like the seasonal flu. H1N1 is spread by droplets from the nose or mouth, airborne in cough or sneeze, direct sharing of drinks or kissing, and when droplets fall on objects that others touch.

Symptoms include:

- fever over 100 degrees
- headache
- extreme tiredness
- dry cough
- runny or stuffy nose
- muscle aches
- sore throat
- vomiting
- diarrhea

If you are sick, clean your hands often, self-treat mild symptoms, avoid school, work and socializing. If symptoms are more than mild, make an appointment with your health care provider. If you or a family member has flu-like symptoms, please have the sick individual stay home for 24 hours after fever is gone without the use of fever reducing medications such as Motrin or Tylenol.

If you are well, avoid sick people; clean hands often with soap and water or hand sanitizer; keep hands away from nose, mouth and eyes. Cover your nose and mouth with a tissue when you cough or sneeze. If you don't have a tissue, cough or sneeze into your upper sleeve, not your hands. Make sure to put your used tissue in the trash and wash your hands.

Our staff is prepared to answer any questions you may have regarding H1N1 or Seasonal Flu. For more information, please call 252-641-7511 or 252-985-4100.

Best Regards,

Karen Lachapelle
Health Director